

# COUNSELLING & THERAPY OPTIONS WITH VICKI READINGS

Vicki Readings counselling and therapies offer a range of options to suit the individual. We understand that everyone may need different approaches as we are all unique and individual. Finding one that works for you is important, there is also the option of combining approaches to your individual requirements too!

## Adlerian & Person Centred Counselling

Both Adlerian and person centred counselling are talking therapies which are client led and focused. Providing a safe, confidential and encouraging environment is key to the therapeutic process. With congruence, empathy and support, clients are able to access and process in order to progress.

Person centred counselling focuses on the person with the goal of the client to come to the answers or insight they are wanting. The outcome is to enable the client to cope better with any situation or challenge they may be faced with.

Adlerian therapy, is an approach in which the therapist and client work to identify obstacles and create effective strategies for working towards their goals. This can include looking at birth order, early childhood memories, dreams, beliefs and can included some creative approaches to the therapeutic process. By gaining insight, we are often able to make actions which in turn allow us to make positive changes.

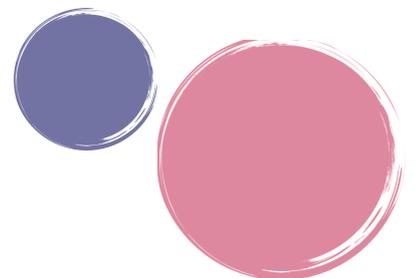
## Drawing and Talking Therapy

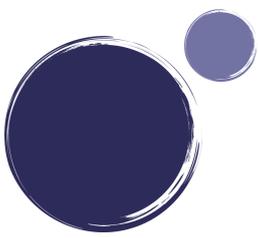
Drawing and talking is a non-intrusive therapeutic approach used with both adults and children. The client does not need to be able to draw. it's about meeting the client where they are at and is a powerful tool that enables the client to process whatever it is they need to work through on a subconscious level through the medium of drawing. There is no right or wrong and the pace is set by the client being a client-led approach. It's an experiential practice, over 12 sessions as a short term therapy.



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## Points of You Therapy & Coaching

Points of You uses photos and words to allow you to engage and connect to gain perspective and viewpoints. It enables meaningful communication, provokes the mind expanding knowledge and observation to support you on your personal or professional journey.

Using the points of you technique as a therapeutic, training and development tool, combines the interaction of the right brain (intuition and emotion) and the left brain (logic any analytical) opening up our mind and shifting our points of view enabling development.

Any of the above techniques can be used and combined to create your own personal experience and process that work together to help and support you. All approaches are client led, meaning you are in control at every moment in your process.

If you would like further information about any of the approaches or how sessions can be arranged please email me: [vrbespokewellbeing@gmail.com](mailto:vrbespokewellbeing@gmail.com)



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